WHAT IS CLAIMED IS:

1. A method for forming an optical waveguide from an optical fiber having a longitudinal axis, said method comprising:

exposing a first region of said optical fiber to thermal energy, with a portion of said thermal energy being transferred to said optical fiber, defining transferred energy;

dissipating said transferred energy at a second region of said optical fiber, with said first and second regions being spaced-apart, with thermal energy passing between said first and second spaced-apart regions forming a flow; and

maintaining, in said flow, a constant rate of thermal transfer between said first and second spaced-apart regions, thereby providing a graded index of refraction in a portion of said optical fiber located between said first and second spaced-apart regions.

- 2. The method as recited in claim 1 wherein dissipating further includes removing said transferred energy from said optical fiber in a direction that extends radially with respect to said longitudinal axis.
- 3. The method as recited in claim 1 wherein dissipating further includes transferring said transferred energy away from said optical fiber radially symmetrically about said longitudinal axis.

- 4. The method as recited in claim 1 wherein said index of refraction changes approximately 4% between said first and second spaced-apart regions.
- 5. The method as recited in claim 1 wherein maintaining further includes avoiding variances in said thermal energy being transferred to said optical fiber proximate to said first region and avoiding variances in a rate of dissipation of said transferred thermal energy.
- 6. The method as recited in claim 1 further including segmenting said optical fiber proximate to said first region.
- 7. The method as recited in claim 6 wherein segmenting said optical fiber further includes forming a lens proximate to said first region, with said portion extending from said second region, toward said first region, terminating in a lens.
- 8. The method as recited in claim 1 wherein exposing said optical fiber further includes impinging a beam of infrared energy upon said optical fiber from a first direction and reflecting a subportion of said infrared energy to impinge upon said optical fiber from a second direction, with said second direction disposed opposite to said first direction.
- 9. The method as recited in claim 8 wherein a said subportion has a magnitude associated therewith, which is dependent upon a mode associated with said optical fiber.

10. A method for controlling optical properties of an optical fiber having a longitudinal axis, said method comprising:

creating a flow of thermal energy between two spaced-apart regions of said optical fiber, with a flux of said thermal energy in said flow being substantially constant to define a graded index of refraction in a portion of said optical fiber located between said two-spaced apart regions.

- 11. The method as recited in claim 10 wherein said creating further includes exposing said first region of said optical fiber to said thermal energy, with a portion of said thermal energy being transferred to said optical fiber, defining transferred energy and dissipating said transferred energy at a second region of said optical fiber.
 - 12. The method as recited in claim 11 wherein dissipating further includes transferring said transferred energy radially symmetrically away from said optical fiber.
- 13. The method as recited in claim 12 wherein exposing said optical fiber further includes impinging a beam of infrared energy upon said optical fiber from a first direction and reflecting a subportion of said infrared energy to impinge upon said optical fiber from a second direction, with said second direction disposed opposite to said first direction.
- 14. The method as recited in claim 13 wherein said subportion has a magnitude associated therewith,

which is dependent upon a mode associated with said optical fiber.

- 15. The method as recited in claim 1 further including segmenting said optical fiber proximate to said first region to form a lens, with said portion extending from said second region, toward said first region, terminating in said lens.
- 16. An optical waveguide, comprising: an optical fiber having an interface region and an end region; and
- a lens integrally formed to said interace region, with said interface region being disposed between said end region and said lens, said end region and said lens each having a constant index of refraction and said interface region defining a graded index of refraction.
- 17. The optical waveguide as recited in claim 16 wherein said graded index of refraction has a maximum value at said lens and a minimum value at said end region.
- 18. The optical waveguide as recited in claim 17 wherein said graded index of refraction has a median value, with said maximum value being approximately 2% greater than said median value and said minimum value being approximately 2% less than said median value.
- 19. The optical waveguide as recited in claim 16 wherein said lens is a convex lens.